

# Yukon School Immunization Program **Grade 6**

INFORMATION FOR PARENTS/GUARDIANS

July 2018

## Read

the information in this booklet.

## Complete, sign and return

the Immunization Consent Form that came with this booklet.

Sign and return the Immunization Consent Form even if you **DO NOT** want your child to receive any of these vaccines.

**When in doubt, ask!**

## Questions?

If you have any questions about the information in this booklet, or if there is anything you don't understand, contact your local health centre.

You'll find contact information in the back of this booklet.

If you would like information about Yukon's Immunization Schedule, contact your local health centre or visit the [yukonimmunization.ca](http://yukonimmunization.ca) website.

If you would like more information about immunization, visit these websites:

Yukon Immunize

[yukonimmunization.ca](http://yukonimmunization.ca)

Immunize Canada

[immunize.ca](http://immunize.ca)

Government of Canada

[canada.ca/en/public-health/topics/immunization-vaccines.html](http://canada.ca/en/public-health/topics/immunization-vaccines.html)

# The School Immunization Program

Every school year community health nurses offer Grade 6 students vaccines to prevent some serious diseases. These vaccines are:

1. **Human Papillomavirus (HPV)** (provided free to girls and boys in grade 6.)
2. **Measles, Mumps and Rubella (MMR)** catch-up for two-dose series, if needed.

In this booklet, you'll find information on these vaccines and the diseases that they prevent.

## **When will my child get these vaccines?**

Your child will get these vaccines at two immunization clinics being held at your child's school over a period of six months. Your school will let you know the exact dates for these clinics.

## **What if my child is sick or not in school on the day of the immunization clinic?**

Don't worry. You can bring your child into the local health centre to receive the vaccines. Call to speak to a community health nurse. The contact information is at the back of this booklet.

## **What if my child is afraid of needles?**

The community health nurses at school clinics are experienced at helping children who are worried or afraid. Please contact your local health centre if your child has medical problems, is very frightened about getting needles, or has ever fainted or been light headed while getting shots. It may be preferable to give the vaccines at the health centre instead of the school. The contact information is in the back of this booklet.

We will work out a plan to support your child. On the next page you'll find some tips for helping your child get ready to receive vaccines. Please do not give your child any medicine to relieve anxiety about getting vaccines.

## **What if my child has already received some of these vaccines?**

Your child may have already received some of these vaccines if he or she has lived in another province/territory. If new to Yukon, please provide a copy of your child's immunization history to the health centre. The nurse will only give the vaccines to your child if he or she needs them, and only if you have checked the "YES I CONSENT" boxes.

## **Do I get a record of the vaccines my child receives?**

Yes. After your child has received all the vaccines you consented to, he or she will be given a copy of the immunizations received. You should keep this with their other health records.

It is important to keep a record of all your child's immunizations.

## **Helping your child get ready for immunizations**

**Children often worry about getting immunized or getting needles of any kind. To help make this easier for your child:**

### **Make sure they know what will happen**

Tell them when the clinic will be. Remind them at least one day before.

### **Help them work out ways to take their mind off the actual shots**

Distraction — thinking about something else — is a good way to cope with something that might hurt. Help them to come up with a list of things they can do to distract themselves while waiting for the needle, getting the shot, and afterwards.

For example, they could:

- think of a favourite memory
- talk with a friend
- listen to music
- read a book

### **Never say “it won’t hurt”**

Be honest. Tell them what they can really expect. “You might feel a small pinch and some pressure.” Help them stay calm.

- Be calm and matter of fact yourself. This is no big deal.
- Don't joke or tease. For example, don't say that they will get the “extra big” needle.
- Don't apologize that they “have to go through this.”

*Information adapted from “Clinical Practice Guideline for Pain Management during Childhood Immunizations” developed by Help Eliminate Pain in Kids.*

# Information about the vaccines offered in the Grade 6 school immunization schedule

## 1. Human Papilloma Virus (HPV) Vaccine

### What is HPV?

Human papillomavirus (HPV) is very common. It is spread by sex and sexual contact (including skin to skin). Almost everyone who is sexually active gets HPV at some time in their life. Often, the body gets rid of HPV on its own, and you may never know you were infected.

There are over 100 different types of HPV. While some types are harmless, others can be harmful.

HPV is the cause of:

- all genital warts and
- virtually all cervical cancer.

There is no cure for HPV. However, immunization prevents the nine types of HPV that cause most cases of cervical cancer and genital warts.

### What is HPV vaccine?

HPV vaccine consists of a series of two needles. The two needles are offered to all children in the Grade 6 school immunization program, six months apart.

Your child cannot get HPV from this vaccine.

### Why is this vaccine being offered to my child now?

The Yukon Immunization Schedule recommends that this vaccine be given to all students as part of their school immunization program in Grade 6. HPV immunization is most effective when given prior to sexual contact in order to provide the best protection against genital warts and cervical cancer.

### Does this vaccine have side effects?

HPV vaccine is safe and has few side effects. The most common side effect is pain, redness or swelling in the area where the needle goes in and headache. Your child may also have a slight fever.

### Caution

Your child should **NOT** receive HPV vaccine if they have had a severe allergic reaction to a previous dose of HPV vaccine. Females who are pregnant should check with a doctor before receiving this vaccine.

## 2. Measles Mumps Rubella (MMR) Vaccine

### What is Measles Mumps Rubella?

Measles, Mumps and Rubella are all caused by viruses that are easily spread by coughing and sneezing.

#### Measles

- Measles, also known as Red Measles or Rubeola, causes fever, runny nose, very red eyes and a rash on face and upper body.
- Measles infection can lead to ear infections and pneumonia. Less commonly but much more seriously, measles can lead to infection of the brain (encephalitis) which can lead to seizures, deafness, and permanent brain damage. Measles can be fatal.

#### Mumps

- Mumps causes fever, headache, swollen saliva glands that are painful and make the cheeks puff out.
- Complications are rare but can include inflammation of the brain (encephalitis), testicles or ovaries, and deafness.

#### Rubella

- Rubella, also known as German Measles, causes low grade fever, mild cold, sometimes a rash, swollen neck glands and joint pains. Rubella is very dangerous for an unborn baby so it is very important to ensure that your MMR immunization is complete before you start a family.

### What is MMR vaccine?

MMR is a combination of three vaccines given in one needle. It is a two-dose series, usually offered when a child is one year of age and then again before your child begins school (four to six years of age).

### Why is this vaccine being offered to my child now?

It is important to complete the two-dose series to ensure protection from all three diseases. Some individuals may have an incomplete series. The nurse will check your child's immunization history to see if your child requires this vaccine.

Canada has seen outbreaks of measles and mumps in the recent past. All three diseases lead to serious side effects and immunization is the best way to protect your child, as well as our community.

## Does this vaccine have side effects?

In most cases there are no adverse reactions and any reactions caused by the vaccine are mild. Possible side effects are local redness, and swelling where the needle went in. A mild fever and/or a rash may appear seven to 14 days after vaccination.

Temporary joint pain may occur. Serious side effects are very rare but at this age may include: temporary clotting abnormalities, and inflammation of the brain or encephalitis (about 1 per million doses, so the chance of getting encephalitis with measles [about one per 1000 cases] is much, much higher than getting it as a complication of MMR vaccine).

## Caution

Your child should **NOT** receive this vaccine if he or she has had a severe allergic reaction to a previous dose of MMR vaccine. Check with a doctor **BEFORE** your child receives this vaccine if:

- He or she has problems with his or her immune system that make them more likely to get an infection.
- She is pregnant.

## What can I do if my child has side effects?

After receiving any vaccine, your child will be observed for at least 15 minutes in case he or she develops a serious allergic reaction. A serious reaction would happen soon after receiving the vaccine. By observing your child, the community health nurse would be able to take care of him or her.

If your child has a fever you might need to treat it at home after a vaccination. Make sure you have acetaminophen or ibuprofen on hand just in case.

## What to do for a fever?

A fever is not necessarily bad, but it may make your child uncomfortable. If you think your child has a fever:

- Take your child's temperature.
- If the temperature is over 38.5°C (101°F) you may give your child acetaminophen or ibuprofen. Follow the instructions on the container.
- Encourage your child to drink EXTRA fluids — like water and juice.

## What to do for a sore arm?

Soreness at the site the needle went in is common with many types of needles. Soreness after immunizations doesn't usually last more than a day or two. If the soreness is bothersome to your child, you can:

- Place a cold cloth over the site.
- You may give your child acetaminophen or ibuprofen. Follow the instructions on the container.

## Call your health provider or 811 if:

- A fever lasts more than 24 hours.
- A fever is 39.5°C (103°F) or higher.
- A fever doesn't go down after giving acetaminophen or ibuprofen.
- Your child seems sick or has other symptoms.

## Yukon Community Health Centres

Beaver Creek Health Centre.....	867-862-4444
Carcross Health Centre .....	867-821-4444
Carmacks Health Centre.....	867-863-4444
Dawson City Health Centre.....	867-993-4300
Destruction Bay Health Centre .....	867-841-4444
Faro Health Centre.....	867-994-4444
Haines Junction Health Centre.....	867-634-4444
Kwanlin Dün Health Centre.....	867-668-7289
Mayo Health Centre.....	867-996-4444
Old Crow Health Centre .....	867-966-4444
Pelly Crossing Health Centre .....	867-537-4444
Ross River Health Centre .....	867-969-4444
Teslin Health Centre .....	867-390-4444
Watson Lake Health Centre.....	867-536-5255
Whitehorse Health Centre.....	867-667-8864



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